

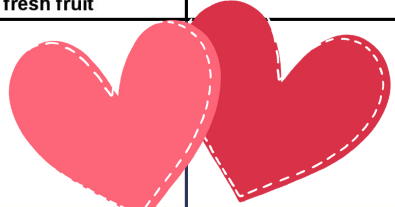
Senior Wellness Center

Free for 60 and over

\$5.00 for 59 and younger or you

February 2024

\$3.00 for 18 and younger

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Chicken Temales 3 bean salad raspberry crisp	2 Beef n Shrimp Stir Fry noodles fresh fruit	
	5 Turkey Sandwich sprouts, tomato, avocado, ww bread califlower tots canned fruit	6 Roast Beef baked red potatoes roasted carrots fresh fruit	7 Baked Salmon brown rice asparagus canned fruit	8 Shepards Pie green beans fresh fruit	9 BiMonthly Breakfast Steak and Eggs hashbrowns cornmeal mush Fresh fruit	
	12 Vegetable Beef tortilla bread canned fruit	13 Baked Chicken Wild Rice spanish corn canned fruit	14 Pork Roast mash potato and gravy roasted vegetables fresh fruit Valentines Day	15 Cajun Fish brown rice corn fresh fruit	16 Elk Chili Green Chili Corn muffins green salad fresh fruit	
	19 Presidents Day no work holiday	20 Meat Spagetti Garlic Bread green salad fresh fruit	21 Buffalo Steaks apple kale slaw herb roasted potatoes canned fruit	22 Finger Egg Sandwich ww bread fresh fruit	23 Chicken and pasta fresh fruit	
	26 Vegetable Lentil soup ww crackers fresh fruit	27 Meat Loaf roasted vegetables with roots mac'n cheese canned fruit	28 Beef Strognoff w/ sweet peas brown rice steamed califlower canned fruit	29 Hot Ham n' Swiss sandwiches Tomato bisque fresh fruit		

Tuesday, Wednesday and Friday are are meal days from 12pm to 1 pm

Mondays and Thursdays are exercise days from 10:45 am to 11:45 am for participants